



# ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

March 2015

## Are you sharing the care?

You trust your health care provider, but the best way to stay healthy is to work together. Your provider is an expert in medical treatment—but you are the expert on you!

Working together can help you choose the treatment option that fits you best. You may also feel better about carrying it out. Try these tips for being a good partner with your provider:

### Make the most of your visit by:

- **Sharing the care.** Get to know your provider and build some trust. Talk about what you want and expect from treatment.
- **Play an active role.** Listen carefully. Ask questions. It's important to understand your condition and your treatment.
- **Go prepared.** Try to make some notes before seeing your provider. These can be about the medicines or vitamins you take, your medical history, or any questions you may have. You might also want to take notes while your provider is talking. Or even bring a loved one along to do so.
- **Ask for instructions.** Before leaving the office, make sure you know what your next steps are. Ask that this be written down—and find out if there are other tools that can help you stay healthy.
- **Follow directions.** After your visit, make sure to follow the directions you have received. These may include taking your medicine as asked, scheduling tests, or coming back for another visit.



### Your eyes deserve a rest!

Are you spending a lot of time staring at a computer or digital device? To help reduce eye strain, try the 20-20-20 rule. **Every 20 minutes, look away about 20 feet in front of you, for 20 seconds.**

Your eyes are an important part of your health. It's a good idea to visit your eye doctor every so often.



### Upcoming webinars

#### Get Moving Today!

Regular physical activity can improve your overall health and fitness and reduce your risk for many chronic diseases. We'll discuss tips to fit activity into your busy schedule and techniques to help you stay motivated.

Mar. 10, 9:30 AM and 1:30 PM CT

#### [Motivating Mississippi Wellness Webinars](#)



# 86%

## Of Americans are at risk for diabetes—and most don't know!

Without some help, 7 in 10 of these people with “pre-diabetes” will develop type 2 diabetes at some point in their lifetime.

The good news is that you can prevent diabetes or treat pre-diabetes with some simple lifestyle changes.

- 1. Try to control your weight.** Talk to your health care provider about what your healthy weight should be.
- 2. Aim for a healthy diet.** Limit unhealthy fats in your diet, and eat more fiber.
- 3. Add a little exercise.** This will help you build muscle, burn fat, and stay at a healthy weight.

Talk to your provider to learn more!

## Coach's Corner

Stacie is an ActiveHealth lifestyle coach and behavioral health clinician based in Denver, Colorado. She has her Bachelor's degree in Health and Nutrition Studies, a Master's degree in Clinical Psychology, and is a certified Yoga instructor. Stacie's background allows her to approach coaching holistically—promoting changes in mind, body and spirit.

### Stacie's favorite quote:

“Change your thoughts and you change your world.”

- Norman Vincent Peale



## A wealth of health resources

At MyActiveHealth you'll find lots of ways to better manage your health. Want to view past Wellness Webinars? Check out healthy recipes? Use interactive tools such as health trackers, health care decision support and information on wellness and conditions? **You'll find all of these great tools in the Resources section—just click on My Action Plan in the left sidebar.**

Sign up or visit [MyActiveHealth.com/Mississippi](http://MyActiveHealth.com/Mississippi) today!